

PORTUGUESE RECIPES

TYPICAL PORTUGUESE FOOD

SOPA DA PEDRA

SOUP OF ROCK

SOPA DA PEDRA IS A TYPICAL PORTUGUESE SOUP, PARTICULARLY FROM THE CITY OF ALMEIRIM, LOCATED IN THE HEART OF THE PROVINCE OF RIBATEJO, CONSIDERED THE CAPITAL OF SOPA DA PEDRA.

IT IS A CONSISTENT AND RICH SOUP, MADE WITH MEAT, SAUSAGES, BEANS, CABBAGE, POTATOES AND CARROTS.

TRADITIONALLY, THE STONE IS PLACED, WELL WASHED, IN THE BOTTOM OF THE BOWL AND, AFTER EATING THE SOUP, THE STONE IS SAVED FOR THE NEXT TIME IT IS COOKED.



CARNE DE PORCO À ALENTEJANA

PORTUGUESE PORK RECIPE

IT IS A TYPICAL DISH OF PORTUGUESE CUISINE, SPECIFICALLY FROM THE ALGARVE REGION. FROM THE ALGARVE? SO, BUT ISN'T THAT CALLED ALENTEJO PORK? YES, BUT THIS IS DERIVED FROM THE PORK THAT THE ALGARVE USED IN THIS RECIPE. AT THE TIME, PORK FROM THE ALENTEJO WAS USED, AS THIS MEAT WAS TASTIER AS THE PIGS ATE ACORNS, WHILE THE PIGS FROM THE ALGARVE ATE FISH AMONG OTHER THINGS.



TORRICADO

PORTUGUESE COD FISH RECIPE

TORRICADO IS A TYPICAL DISH FROM THE RIBATEJO REGION, TRADITIONALLY ASSOCIATED WITH RURAL WORK, ESPECIALLY BY FISHERMEN FROM THE TAGUS VALLEYS AND RURAL WORKERS FROM THE BAIRRO AREA. IT IS USUALLY PRESENTED AS AN ACCOMPANIMENT TO GRILLED COD, ALTHOUGH IT IS ALSO USUAL AS AN ACCOMPANIMENT TO SARDINES AND MEAT.



OVOS COM FARINHEIRA

SCRAMBLED EGGS WITH «FARINHEIRA»

FARINHEIRA IS A VERY VERSATILE PORTUGUESE SAUSAGE THAT CAN BE MADE IN MANY WAYS AND TURNS OUT TO BE DELICIOUS IN VARIOUS RECIPES. MIXING SCRAMBLED EGGS WITH FARINHEIRA LEADS TO A TYPICALLY PORTUGUESE APPETIZER AND A DELICIOUS STARTER. AS THE NAME IMPLIES, FARINHEIRA IS MADE WITH FLOUR, PEPPER DOUGH, SOMETIMES MEAT, FAT, AND OTHER INGREDIENTS. IT HAS A SOFT TEXTURE, BUT ITS TASTE AFTER COOKING IS EXCELLENT, AND IT COMBINES VERY WELL WITH MANY OTHER INGREDIENTS.



MIGAS

«MIGAS»

MIGAS ARE A TYPICAL DISH IN SOME REGIONS OF THE IBERIAN PENINSULA, MAINLY IN THE CENTER AND SOUTH, NAMELY ALENTEJO, IN PORTUGAL. THEY ARE OFTEN DESCRIBED AS A SHEPHERD'S DISH, USING LEFTOVER CRUSTY BREAD. IN ITS SIMPLEST VERSION, MIGAS ARE MADE BY SAUTEING PIECES OF HARD BREAD PREVIOUSLY MOISTENED IN WATER IN OIL OR LARD WITH GARLIC UNTIL GOLDEN. IN THE CASE OF POTATO MIGAS, INSTEAD OF BREAD, BOILED POTATOES ARE USED, WHICH FALL APART WHILE BEING SAUTEED.



ARROZ DOCE

RICE PUDDING

RICE PUDDING IS A SIMPLE AND TRADITIONAL RECIPE OF PORTUGUESE CUISINE, WHICH HAS ALWAYS PLAYED AN IMPORTANT ROLE IN FESTIVALS AND PILGRIMAGES. AND PARTICULARLY AT WEDDING PARTIES. THE HERITAGE OF RICE PUDDING POSSIBLY COMES FROM THE MOORS WHO INHABITED THE TERRITORY BEFORE PORTUGUESE INDEPENDENCE FROM THE 12TH CENTURY ONWARDS. SIMPLE AND EASY-TO-IDENTIFY INGREDIENTS HAVE CREATED A VARIETY OF RECIPES THAT ALLOW YOU TO ESTABLISH A RICE PUDDING ROUTE.



PAMPILHO

«PAMPILHO»

PAMPILHOS ARE REGIONAL CAKES FROM SANTARÉM, WHICH ARE CHARACTERIZED BY THEIR PECULIAR APPEARANCE, LONG AND THIN, AND THE TRADITIONALLY PORTUGUESE FLAVOR, CONFERRED BY THE SOFT EGG AND CINNAMON STUFFING.

THESE CAKES WERE CREATED IN HONOR OF THE RIBATEJO COUNTRYSIDE WHO USE A LONG POLE TO DRIVE THEIR CATTLE, WHICH IS EXACTLY CALLED PAMPILHO.



THE REFUGEES FOOD

TYPICAL FOOD FROM THE REFUGEES' COUNTRIES

CACHUPA RICA

TYPICAL CAPE GREEN RECIPE

CACHUPA, A TRADITIONAL RECIPE WITH A PROMINENT PLACE IN THE KITCHEN, IS CONSIDERED BY MANY TO BE THE TRUE DELICACY, THE QUEEN, THE MAIN STAR. ITS PREPARATION CAN BE AN AUTHENTIC RITUAL, WHICH BEGINS THE DAY BEFORE WITH THE PLACING OF CORN AND BEANS IN COLD WATER. CASSAVA, MEAT AND SAUSAGES, CABBAGE AND SWEET POTATOES ARE OTHER INGREDIENTS THAT GIVE "LIFE" TO THIS RECIPE. THE NEXT DAY, THE RICH CACHUPA CAN STILL BE BRAISED AND SERVED WITH EARTHY SAUSAGE AND FRIED EGG, AS A BREAKFAST REINFORCEMENT, APPRECIATED BY MANY TO KEEP THE BATTERIES CHARGED.



CARIL DE FRANGO

CHICKEN CURRY

CHICKEN CURRY IS A TRADITIONAL DISH OF INDO-PORTUGUESE CUISINE FROM GOA, DAMAN AND DIU.

IT IS ALSO A COMMON DISH IN PORTUGAL, WHERE IT IS SOMETIMES CALLED CURRY CHICKEN, AND IN MOZAMBIQUE.

AS THE NAME SUGGESTS, IT IS PREPARED WITH CHICKEN AND CURRY.

IN ITS VARIOUS VARIANTS, THE SAUCE CAN INCLUDE COCONUT, ONION, TAMARIND, GARLIC, CORIANDER, PEPPER, THYME, NUTMEG AND CHILLIES. MOZAMBIKAN VARIANTS ALSO SOMETIMES INCLUDE MANGO AS AN INGREDIENT.

IT IS USUALLY ACCOMPANIED BY WHITE RICE..



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